

“Broke Da Mout BBQ Ribs”: And It’s Implications for Best Practices in Mental Health Treatment

Eva Kishimoto, CSAC, DCSW, LCSW
AMHD MISA and Other Special Populations Service
Director

Warm and Welcoming

The Power Predictor of a Positive Treatment Outcome

Treatment success derives from the
implementation of an **empathic, hopeful,**
continuous treatment relationship, which
provides integrated treatment and coordination
of care through the course of multiple
treatment episodes.

Kenneth Minkoff, M.D.
Kminkov@aol.com

SAMHSA

Substance Abuse Mental Health Administration

A life in the community for everyone

Charles G. Curie, MA, ACSW, Administrator, SAMHSA

- A Home
- A Job
- A Date on Friday Nights

Basic needs, belonging and productivity, connectedness and
meaningful relationships

First Ingredient:

Instilling Hope

Ingredient cont: Stage Informed Interventions:

- | | |
|-----------------------|----------------------|
| • Outreach | • Pre-Contemplation |
| • *Engagement | • Contemplation |
| • *Persuasion | • Preparation |
| • *Action | • Action |
| • *Relapse Prevention | • Relapse Prevention |

*Osher and Kofer

Prochaska & DeClemente

Ingredient cont:

Dual diagnosis is an expectation, not an exception. This expectation has to be included in every aspect of system planning, program design, clinical procedure, substance abuse recovery, treatment, case management, and aftercare services, counselor and clinician competency, and incorporated in a welcoming manner into every clinical and treatment or recovery contact.

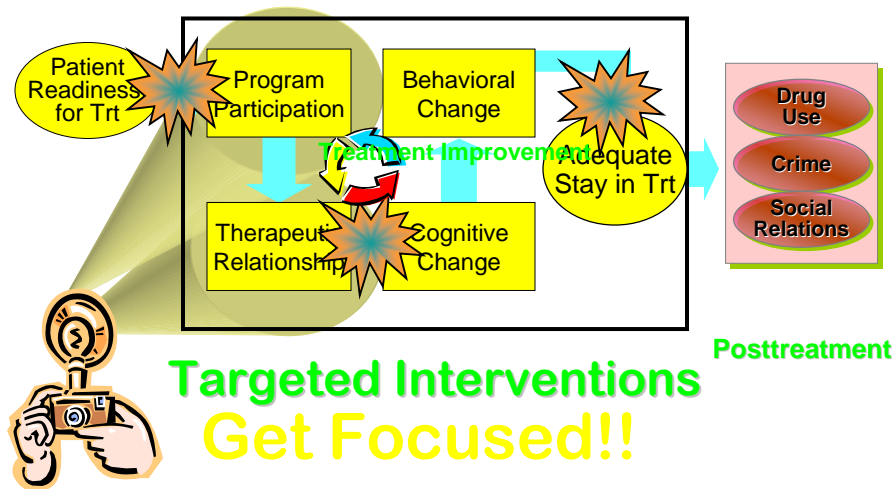
Lessons Learned from Substance Treatment

- National retention rate: Average drop out rate approximately 80%
- Most drop outs occur in first 30 days of treatment
- 90 days of treatment a significant milestone

Lessons Learned from Mental Health

- The therapeutic relationship is treatment
- Client rating of the relationship is the most consistent predictor of improvement
- Strength of the relationship is not highly correlated with length of time in treatment
- Meta analysis indicate that most frequent improvement occurs early in treatment
- The presence of hope can make a significant difference in how people deal with stress, difficulty and problems

Treatment Improvement



Continuous Quality Improvement:

Northwest Frontier Addiction Technology Transfer Center

Nfattc.org

The Change Book

- Identify the problem
- Organize a team for changing the problem
- Identify the desired outcome

Continuous Quality Improvement:

Northwest Frontier Addiction Technology Transfer Center

- Assess the organization or agency
- Assess the specific audience(s) to be targeted
- Identify the approach most likely to achieve the desired outcome
- Design action and maintenance plans for your change initiative

Continuous Quality Improvement:

Northwest Frontier Addiction Technology Transfer Center

- Implement the action and maintenance plan for your change initiative
- Evaluate the progress of your change initiative
- Revise your action and maintenance plans based on evaluation results

Evidence Based Practices History

- Surgeon Generals Report 1999: There are EBP's, but they don't get to clients
- Co-Occurring Report to Congress 2002: Fragmented Service System
- 2003: President's Freedom Commission: The goal is Recovery

EBPs: Adult with Serious Mental Illness

- Assertive Community Treatment (ACT)
- Supportive Employment
- Integrated Dual Diagnosis Treatment (IDDT)
- Family Psycho-Education
- Illness Recovery Management
- Medication Algorithms

Download Toolkits @ amhd.org

Other Resources

SAMHSA Treatment Improvement Protocols TIP 42:
Substance Abuse Treatment for People with Co-Occurring
Disorders

[Samhsa.gov](http://samhsa.gov)

Addiction Messenger

[Nfattc.org](http://nfattc.org)

The Center for What Works The study for performance
measures and benchmarking for non-profits

[Whatworks.com](http://whatworks.com)